



# ER versus Urgent Care or Office Settings

WHERE AND WHEN TO GO FOR CARE

When you need medical care, your first call should be to my office.

## Contact Information

Practice Name:

Physician Name:

Phone:

Office Hours:



When you need care and can't reach me, know where to go. If you have a condition that is not life threatening, and requires prompt medical attention, seek out urgent care.

Urgent Care physicians and staff treat a variety of symptoms including:

- Broken fingers
- Ear or eye infections
- Burns and rashes
- Fractures and sprains
- Colds and flu
- Painful sore throats

For a complete listing of Urgent Care Centers, visit [www.carefirst.com/doctor](http://www.carefirst.com/doctor) – click on *Facility* and select *Urgent Care Centers*.



## Or, let a nurse help you.

As a CareFirst BlueCross BlueShield and/or CareFirst BlueChoice, Inc. (CareFirst) member, if you can't reach me, or are unsure about the seriousness of your symptoms, you can also call **FirstHelp** at **(800) 535-9700**.

Remember, urgent care centers don't take the place of your doctor.

**Medical emergencies require a visit to the emergency room (ER). If your situation is a medical emergency – call 911 or go directly to the nearest emergency care facility.**